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ABSTRACT

This "consumable" coloring book is intended to encourage discussion about alcohol with elementary school students, and it can be used alone or within another unit of study such as a health unit dealing with the body or within a unit on science. It is part of the DARTE Project (Wayne, Michigan, ISD). (Author)

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Albert's Coloring Book About Alcohol

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DARTE

Wayne County Intermediate School District

1978

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DARTE (Drug Abuse Reduction Through Education) is a program of the

Wayne County Intermediate School District
33500 Van Born Road
Wayne, Mi. 48184

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*Michigan Department of Education
*Michigan Office of Substance Abuse Services

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THIS COLORING BOOK IS INTENDED TO ENCOURAGE DISCUSSION ABOUT ALCOHOL WITH ELEMENTARY SCHOOL STUDENTS. WHENEVER POSSIBLE, ALLOW THE CHILDREN TO BEGIN TALKING ABOUT THE PICTURE. ASK CHILDREN IF THEY CAN UNDERSTAND OR FIGURE OUT THE MEANING OF THE PICTURE BEFORE THEY READ IT (OR HAVE IT READ TO THEM). THE MORE NATURAL DEVELOPMENT OF THESE IDEAS THE BETTER.

YOU MAY WANT TO USE THIS COLORING BOOK WITHIN ANOTHER UNIT OF STUDY SUCH AS A HEALTH UNIT DEALING WITH THE BODY, OR WITHIN A UNIT ON SCIENCE.

ADDITIONAL SOURCES OF INFORMATION THAT CAN ASSIST TEACHERS WITH ADDITIONAL INFORMATION ABOUT ALCOHOL EDUCATION AND PREVENTION INCLUDE:

*DRINKING MYTHS: NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM, U.S. DEPARTMENT HEALTH, EDUCATION AND WELFARE

*SOCIAL DRINKING: NATIONAL CLEARINGHOUSE FOR ALCOHOL INFORMATION, BOX 2345, ROCKVILLE, MD. 20852

*THINKING ABOUT DRINKING: U.S. GOVERMENT PRINTING OFFICE, WASHINGTON, D.C. 20402

*WHAT'S THE PROOF (ABOUT DRINKING)?: DARTE, WAYNE COUNTY INTERMEDIATE SCHOOL DISTRICT, 33500 VAN BORN ROAD, WAYNE 48184

*NIAA: NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM, ROOM 16105, 5600 FISHERS LANE, ROCKVILLE, MD. 20857

THIS BOOKLET WAS PUT TOGETHER BY CAROLYN WESSELS.

HELLO. MY NAME IS ALBERT AND I'M HERE TO TEACH YOU ABOUT ALCOHOL WITH MY NEW COLORING BOOK.

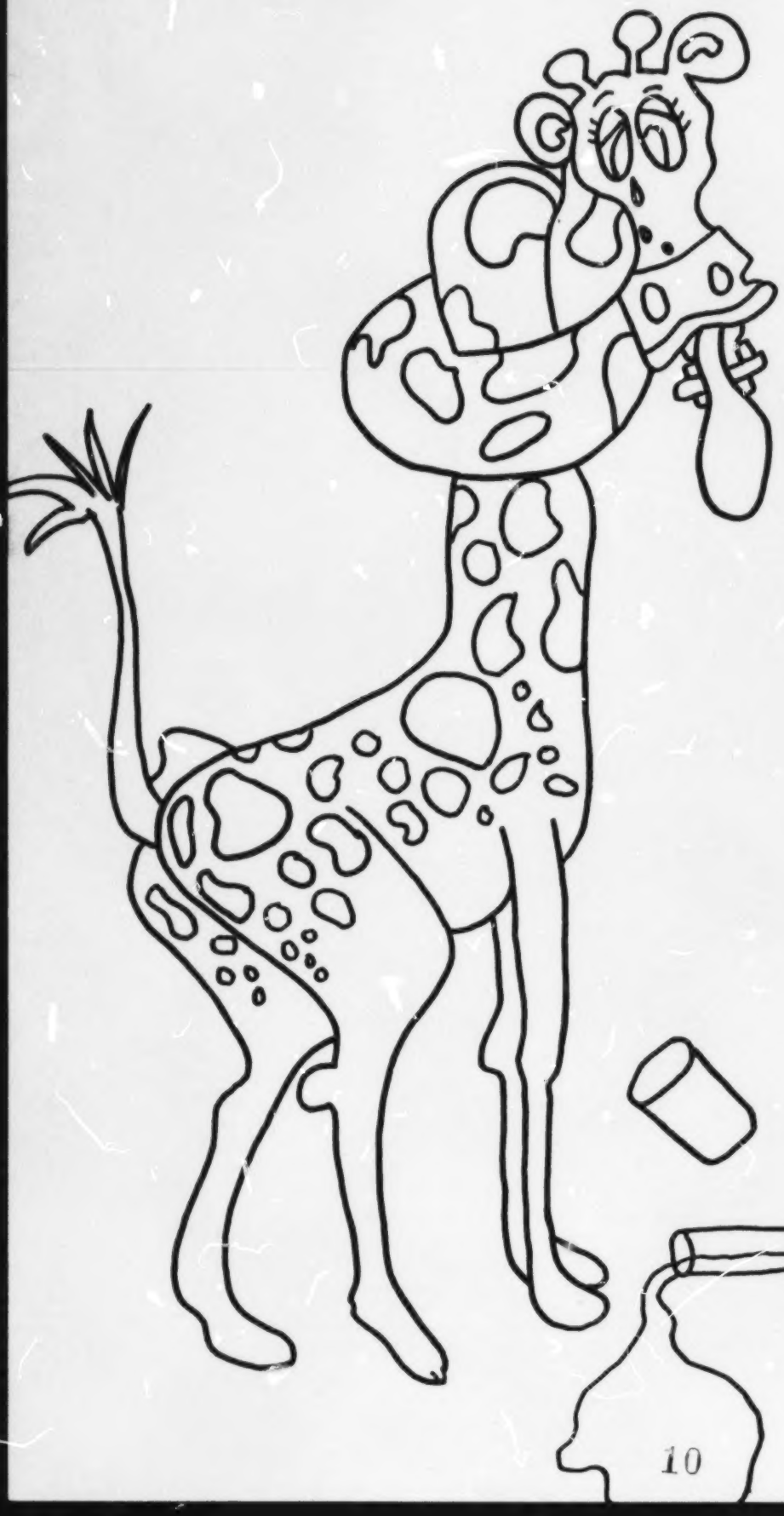
IF YOU WERE VERY THIRSTY AND THERE WERE A GLASS OF SOMETHING ON THE TABLE, WOULD YOU DRINK IT? EVEN IF YOU DIDN'T KNOW WHAT THE GLASS HAD IN IT?

ALCOHOL IS A DRUG IN LIQUID FORM THAT IS IN BEER, WINE OR LIQUOR(SUCH AS GIN AND WHISKEY.)

THERE ARE A LOT OF GOOD THINGS FOR YOU TO DRINK: MILK, ORANGE JUICE, AND WATER ARE A FEW. BUT ALCOHOL IS DIFFERENT. IT HAS NOTHING IN IT THAT YOUR BODY NEEDS.

THEN WHY DRINK ALCOHOL? SOME SAY THAT THEY DRINK:

* TO FEEL GOOD
* BECAUSE THEIR FREINDS DO
* THEY ENJOY THE TASTE
* TO FEEL GROWN UP
* TO FORGET THEIR PROBLEMS

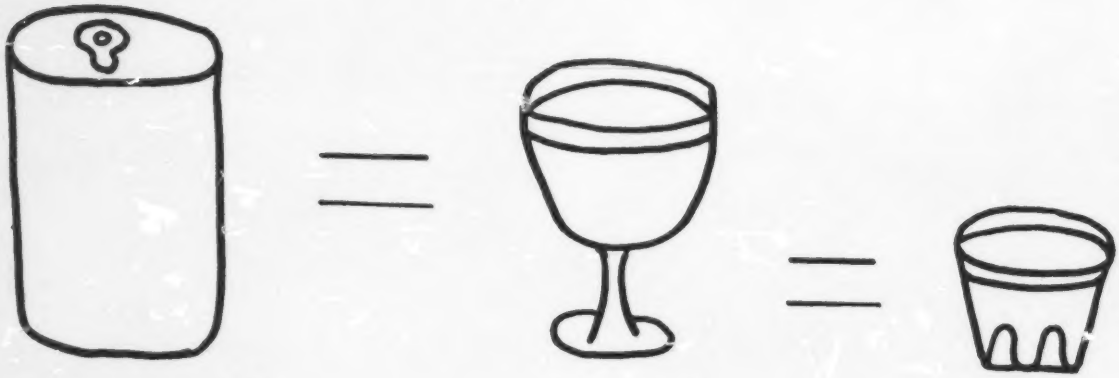


SOME PEOPLE DECIDE NOT TO DRINK. SOME OF THE REASONS THEY DON'T WANT TO DRINK ARE:

* DRINKING MAKES THEM FEEL BAD
* DRINKING MAKES THEM SICK
* THEY DON'T LIKE THE TASTE
* THEY DON'T TAKE DRUGS OF ANY KIND

WHEN PEOPLE DRINK A LOT OF ALCOHOL, IT CHANGES HOW THEY ACT. THEY MAY HAVE TROUBLE TALKING AND WALKING. THEY MIGHT FALL DOWN, OR THEY MIGHT GO TO SLEEP.

MANY PEOPLE FEEL SICK THE DAY AFTER THEY DRINK A LOT. THIS IS CALLED A "HANGOVER." THE BEST WAY TO AVOID A HANGOVER IS NOT TO DRINK TOO MUCH, OR NOT AT ALL.

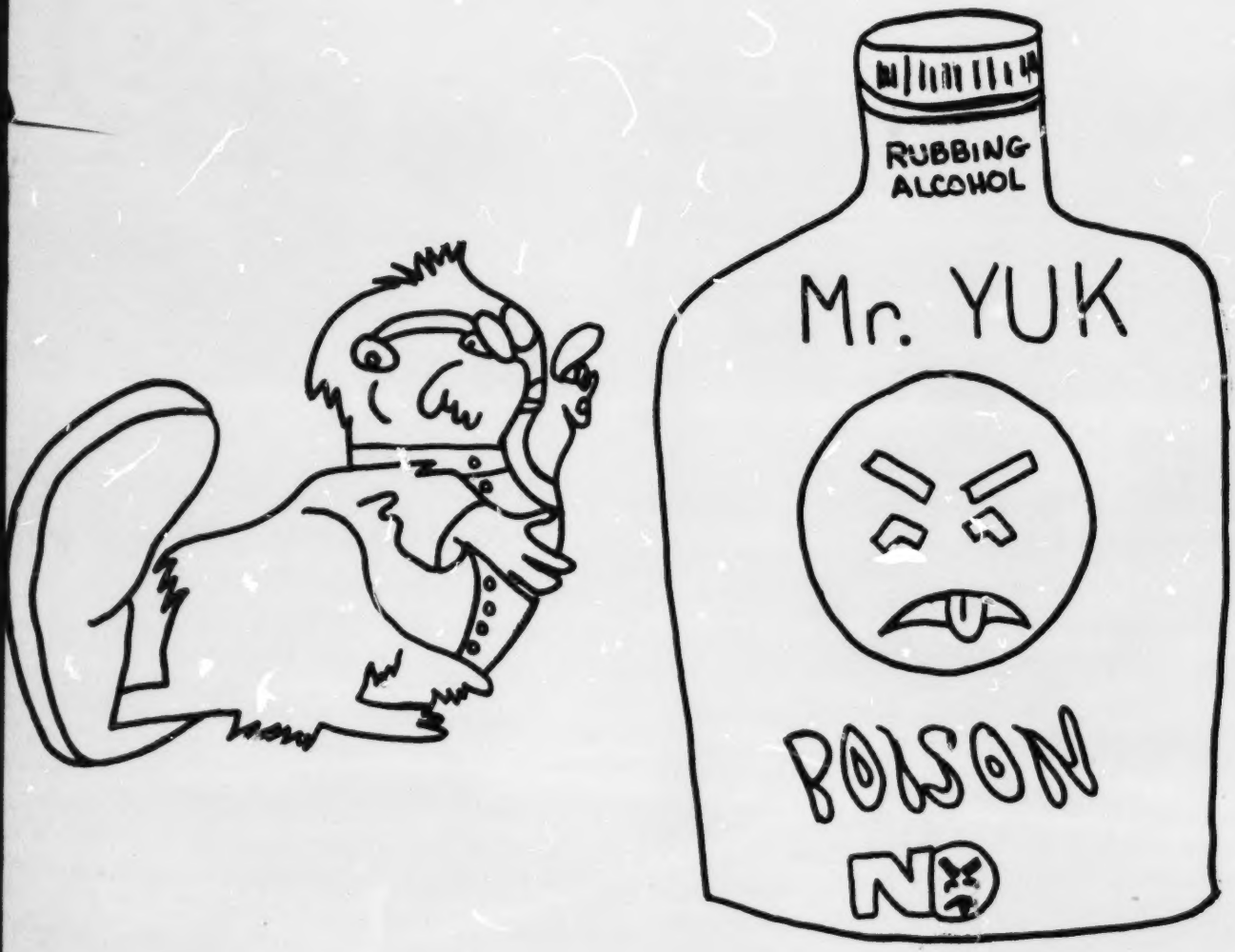


A CAN OF BEER, A GLASS OF WINE, AND A SHOT GLASS OF WHISKEY HOLD DIFFERENT AMOUNTS OF LIQUID. BUT THE AMOUNT OF ALCOHOL IN EACH IS THE SAME.

ALCOHOL IS A DRUG. IT IS A DRUG BECAUSE IT CHANGES HOW PEOPLE FEEL. IT MAKES SOME PEOPLE SLEEPY, SOME FRIENDLY, OTHERS DIZZY, AND SOME FEEL LIKE FIGHTING.

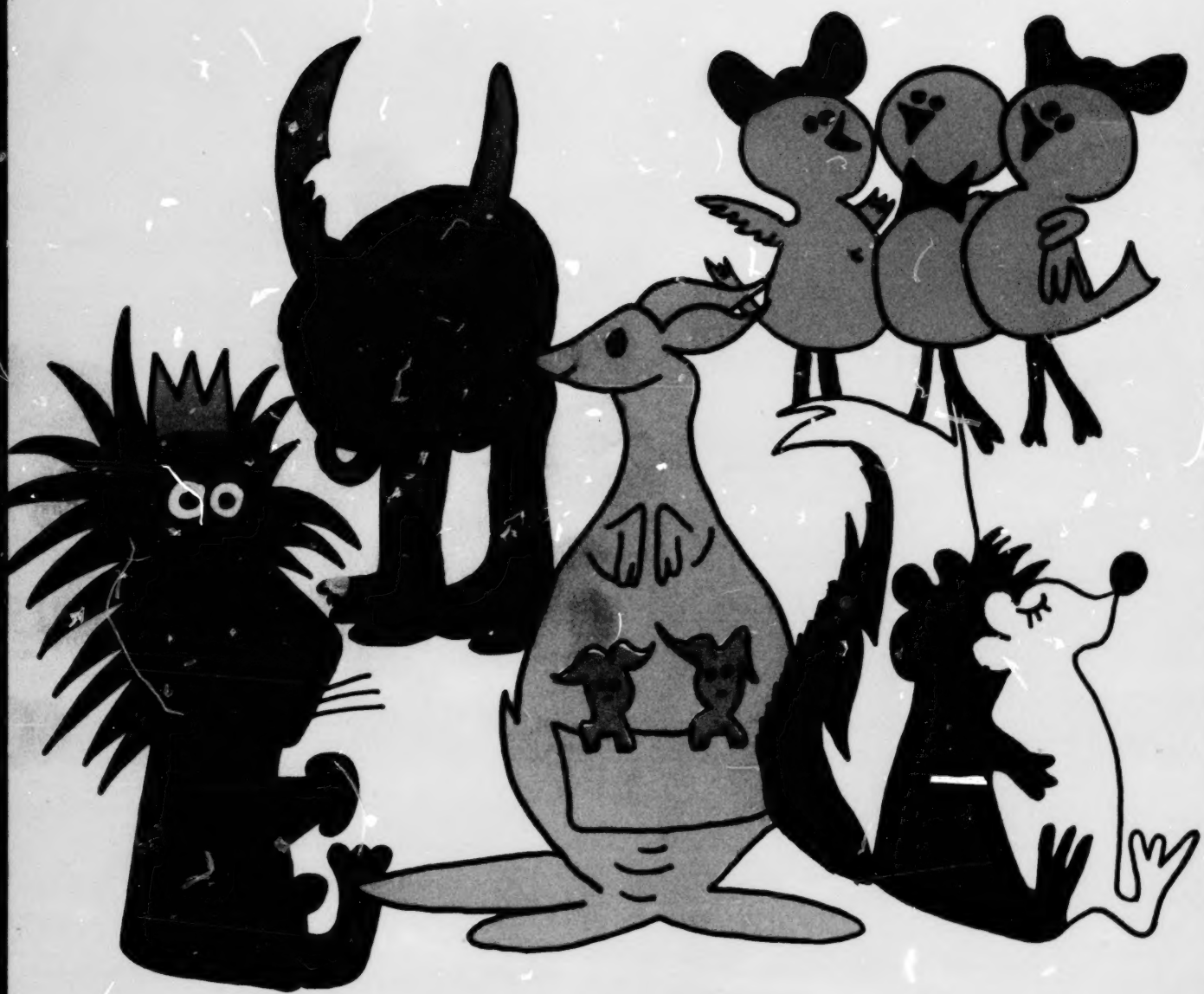
WHEN PEOPLE DRINK TOO MUCH, ONLY TIME WILL SOBER THEM UP. COLD SHOWERS, COFFEE, AND EXERCISE DON'T WORK - ONLY TIME DOES.

PEOPLE WHO DRINK TOO MUCH FOR YEARS AND YEARS MAY BECOME ALCOHOLIC. THEY MAY BE UNABLE TO STOP DRINKING. THEIR BODIES GET USED TO HAVING ALCOHOL. THEY FEEL SICK AND SHAKEY AND HORRIBLE WHEN THEY STOP DRINKING.



THERE IS ANOTHER KIND OF ALCOHOL. IT IS CALLED RUBBING ALCOHOL. DON'T DRINK IT. THIS ALCOHOL IS POISON. EVEN A LITTLE BIT WILL MAKE YOU VERY SICK. IT IS MEANT TO BE USED ON YOUR SKIN TO CLEAN IT OR TO COOL YOU OFF IF YOU HAVE A FEVER.

ANYONE CAN BECOME AN ALCOHOLIC: RICH OR POOR, BLACK OR WHITE, SMART OR DUMB, YOUNG OR OLD, AND MEN OR WOMEN.



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